

## ***For the Progressive Ballet Technique every student needs to bring***

A yoga Matt

A Exercise Ball

A 20 inches ball

A 9ft Stretch band (TheraBand.)

A1 Lacross Ball



### **Exercise Ball**

Also known as a 'Swiss Ball' or 'Fit Ball'

Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

#### **Height**

#### **Recommended ball size**

Under 4'8"/142cm

45 cm ball

4'8" to 5'3"/142-160cm

55 cm ball

5'4" to 5'10"/160-178cm

65 cm ball

5'10" to 6'4"/178-193cm

75 cm ball

For children who are 5 years and younger, always use a 45 cm ball.

## Fusion ball



Known as a Soft Stability Ball or Pilates Soft Ball.  
A Soft Toy Ball can be used and found in many toy shops.

Size: Between 20 to 23cm in diameter.

Or closest to 54cm (22") in circumference

(measurement around the ball)



## Resistance Band

Also known as a TheraBand

9.8 feet / 3m in length & 6" / 15cm wide

Medium strength

Note: the colour of the strength changes depending on the supplier.



## Lacrosse Ball

Also known as a Hand Ball, racquetball or Pinky Ball

Closest to the size of 8" or 20.5cm in circumference

(measurement around the ball)

or 6.3cm / 2.5" in diameter

Note: A Tennis Ball is not recommended.

If above balls are not available, next best option is a pet fetch ball.